Assessing risk of sudden cardiac death in sports

**Managing cardiac risk assessment for people under 35 involved in sports**

1. Young people playing (or wishing to play) competitive sports at national or international level with a demanding training routine can be more at risk than others. Also those involved in high dynamic and high static sports, such as boxing and triathlons, are also more at risk than others.
2. Major sporting organisations have protocols in place that generally include an ECG in their risk assessment. There are a number of private centres throughout the country that offer pre-participation screening of young people.
3. Family screening centres: Two charity-funded family assessment centres with specialist cardiologists and access to genetic testing have been set up in Dublin to screen families affected by a SCD in a young person. These clinics are free and screen families from around the country. Both clinics require a GP referral letter:
   - The Family Screening Clinic, The Mater House, 53-54 Eccles St, Dublin 7. Tel: (01) 803 4354, Email: familyheartscreening@mater.ie
   - The Centre for Cardiovascular Disease in Younger Persons, Tallaght Hospital, Dublin 24. Tel: (01) 414 3058 Email: cdypclinic@amnch.ie
   A full copy of the document *Managing cardiac risk assessment for people under 35 years involved in sports or exercise quick reference guide* is available on the ICGP website [www.icgp.ie](http://www.icgp.ie)

Electrocardiogram (ECG) information is included to make the pack as comprehensive as possible in the context of general information. It is not the intention or expectation that GPs should administer and/or interpret ECGs for those who may be at risk of SCD.